



Promoting Resilience: Self Care Resources for Professionals

The following titles link to
resiliency resources.

* COVID-19 Specific Resource

Websites and Factsheets



Caring for Clinicians
Tend Academy*
NASW - [Self-Care During the Coronavirus Pandemic*](#)
Treatment and Services Adaptation Center -
[Secondary Traumatic Stress](#)
Resilient Wisconsin - [Secondary Trauma](#)
National Child Traumatic Stress Network - [Keeping Yourself and Your Kids Safe and Healthy in the Pandemic: Tips for Judges, Legal Professionals and Court Personnel*](#)

Emotional Support Resources



Contact Lifeline 1-800-262-9800
Delaware Crisis Text Line text DE to 741741
Adult Mobile Crisis Hotline:
• Northern Delaware 1-800-652-2929
• Southern Delaware 1-800-345-6785

Child Priority Response 1-800-969-4357
Jewish Family Services Emotional Support Line:
302-781-4537*
Delaware Hope Line 1-833-9-HOPEDE
(833-946-7333)
Delaware 211



Videos



Beyond the Cliff: Laura van Dernoot Lipsky
TEDx WashingtonCorrectionsCenterforWomen

Trauma Stewardship

Drowning in Empathy: The Cost of Vicarious Trauma



Toolkits and Workbooks

What about You? A Workbook for Those who Work with Others

National Center for PTSD - Provider Self-care Toolkit

Office for Victims of Crime -The Vicarious Trauma Toolkit



Assessment Tools

University of Kentucky Secondary Traumatic Stress Organizational Assessment Tool

Professional Quality of Life Scale (ProQOL)



Apps

Super Better
Virtual Hopebox
Headspace
Gratitude Garden
Provider Resilience
Breathe2Relax

